



## Course details

### Course title

Fitness and Exercise: Summer Dance and Performing Arts

### Course code

Q00020075

### Course date

Start: 01/05/25

End: 10/07/25

### Number of classes

10 sessions

### Timetable

Thu 1st May, 11:00 to 12:30

Thu 8th May, 11:00 to 12:30

Thu 15th May, 11:00 to 12:30

Thu 22nd May, 11:00 to 12:30

Thu 5th Jun, 11:00 to 12:30

Thu 12th Jun, 11:00 to 12:30

Thu 19th Jun, 11:00 to 12:30

Thu 26th Jun, 11:00 to 12:30

Thu 3rd Jul, 11:00 to 12:30

Thu 10th Jul, 11:00 to 12:30

### Tutor

Suzanne Swain

### Fee range

Free to £63.00

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

Ashley Place (Bognor Regis)

Kings Parade

Bognor Regis

PO21 2QP

## **Level of study**

Beginners

## **Course overview**

A fun and relaxed class with singing, dance, drama games and activities. Suitable for all abilities. Come join in the fun.

## **Course description**

This class is aimed at people who want to improve their mobility, get fit and develop their singing, drama and movement skills in a relaxed, fun environment.

We start off with a warm up, then a talk and activities and drama games based on a different topic each week. We then choose music to sing, play instruments and dance. Everyone can work at their own level with support for anyone who needs it.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/1-may-fitness-and-exercise-summer-dance-and-performing-arts>